

# PIONEER PRESS

*A monthly newsletter created by the residents, for the residents.*

---

Fifth Edition, April-May 2008

---

## poetry

Guatemala Room  
**by Marion McGinty**

Glisten and Glamour everywhere  
In the Dream Shop  
None can compare  
Backstrap weaving in patterns  
and colors galore  
Plus a lot more!  
Reach out to the hands  
Reaching out to you  
Helping them to make  
their dreams come true  
Also to bring satisfaction  
to you...

One Day at a Time  
**by Carolyn Sabo**

One day at a time the people Play one  
day at a time Taking Notice of each  
other the street the same old game  
Going Places seeing Faces Touch the  
Sky Reality comes By one day at a time  
Love lingers Happiness grows People  
Shout one day at a time

Setting an Agenda  
**by Robert Bellmore**

Letting someone know that they are  
somebody is one of the greater credits  
one can give to another. Approving of  
strengths, abilities, and weaknesses (as  
weaknesses are also a part of us all)  
help people learn to live with themselves  
as they are and aim to be. There are  
many tools we all have inside that will  
help make a difference when they are  
realized. I call it setting an agenda.  
What makes me tick? What is inside  
me that makes me move or not move?  
As a result of this, what am I doing and  
accomplishing with my life? These are  
the almost innate realities of my being. I  
have begun tapping into them. It took  
15 years to get where I am at now. I  
have a long way to go with my  
experience, strength, and hope. I have  
confidence to lead me through the trials  
and tribulations of my budding  
existence. The reality of my hidden  
depression is the light that illuminates  
the darkness of a troubled soul.  
I am coping.



Lumberjack John  
*(Collaboration by André Tucker and Jason Mintel)*



As the sun rises in the East each day here at Eastern State, one man takes the place to keep you from making mistakes. While standing on Pride Rock listening to murmuring streams juggling peace, he's a sensitive guy, the Head Pioneer of our Frontier.

Mr. Favret, tall as his heart is big, the Chief of our Tribe, Big Lumber Jack John – with his ear to the sky between thunderclaps, a squall between many patients perhaps? – Quick to the draw Lumber Jack John settles matters, the conflict is over. Lumber Jack John wins again.

No wanted posters except for Hope.

We all Respect that Big Lumber Jack John.



Why Do I love Thee  
**By Stanley Picott**

I love thee because you warned Pharoah to let your people Israel go. I love thee because you parted the Red Sea, all went across and all were set free. I love thee because you did your very best when you brought your people out of the wilderness. I love thee because you said will there be one and all that was available was your only Son. I love thee because you said, "Father, I will go down and I'll bring your people back to you safe and sound." I love thee because it was a perfect plea. You prayed for us all at Gethsemane. I love thee because you went to the cross for those that were saved and those that were lost. I love thee because with great pain and diminish you cried with a loud voice, "My God it is finished."



**I Know Eye Can**  
**by Jeffrey Moore**

Dreams of power, fame and fortune.  
Memories of hunger, abandonment and pain.  
Days of yelling, crying and fright.  
Silence and despair fills the night.  
All alone in a dark cold world.  
No one knows what you're going through. No need to explain, they wouldn't understand. The problem lies deep within.  
No one to blame and Eye don't know why.

Emotions are so unclear! Eye see happiness, sadness, anger and Eye refuse to acknowledge fear. 2 succeed is a must.  
Failure leaves a taste of disgust.  
A mistake isn't a valuable lesson,  
A man who makes a mistake, never makes nothing.  
The pain of my past, the struggle of my present and the victory of my future!  
Eye see you there & Eye believe you can.

**Guerilla Therapy**  
**by Jason Mintel**

The Lion roars and my hallucination runs widespread.  
Ambush, a man in white secretly disguised as a duck lies in wait.  
He has set up a trap, a vial of pills as bait  
I hear, "psssst... Do you know who the President is?" from beneath the hedges  
I see him there and my pirate brand itches.  
Hesitantly he creeps before blending back in the foliage curtain  
I toss breadcrumbs encouragingly to the man hypothesizing his stand on Newton's Neurons.  
He pokes his head out from behind a bramble bush and says, "Tell me- why do you suppose people in glass houses shouldn't throw rocks?" He places a hand to his ear, and with a look of pure glee lowers behind a tree, all I see are striped socks.

**Patient**  
**by Jason Mintel**

What does it mean to be a patient? A Patient is a person who is receiving help in order to recover. I think there is a dogma that surrounds mentally ill patients, in that sometimes, understandably, the patient is pressed with ideals he does not want even though they may be deemed 'positive.' In some cases, patients carry heavy burdens and yet continue to endure, but should the patient feel similar to a wild animal who is forced into domestication? - a disease no one wants? - a wicked criminal? a crazed lunatic?- should he be made to fit in any one box? We look to the staff for guidance, but if we take no part in our own life then, even if we comply with every decision made for us, what does that teach? I think sometimes we get protected so much we lose sight of what really matters. Perhaps this should be 'What is Life,' as we all take different paths, who is to judge what's right and wrong? - if it is not harming or disturbing anyone, can we let it be, and grow on it? Would you rather be happy or 'right' by society's standards? There is a healthy balance, but please have patience. Just my thoughts.

I say, "So they never break."

"Why shouldn't you give alcohol to telemarketers?"

"Incase they sell the world to the birds with a lifetime subscription to Time."

His kind face smiles, "Why shouldn't you fish on porcelain cruises?"

"Matey if ye believe, truly believe, when on that adventurous cruise ye be sailing for high seas, jack that not be denied any buccaneer, who dreams of where the sewer leads – not for all the fish in the world."

"What about your family? Children? Wife?"

"I fell in love and married the pine tree next door – but those... "I break up," those damn lumberjacks..." I point disjointedly at the wooden chair and cry.

He says, "Oh, I see," and scribbles a memo handing it to me.

It reads, "Note to self, Put this yellow sticky down and never read another one again..."

"Count backwards by ten," he says, "now breathe."

As I count, I fall away, I am reminded of my purpose, my passions, my dreams- I breathe deep, I breathe in my soul.

He smiles kindly, "Free all you wall. Surrender. Unlearn the knowledge that burns. Let go of what you know... be struck down and your journey to the light-side will be complete!"

And I remember the primordial pool I crawled out an embryo. It was brother eat brother to survive, eating one another to have strength to hop one more time, on brimstone, happy to be alive. I remember the fountain of youth where I could not rest until I filled the well, well into my 90's, and I recall the time when I died to ask God, "What the hell was that all about?"

"The first step to healing," says my pain "is to realize you already are."

A door in my wall opens and my dog runs out happily, love is tucked in a field of ripe pumpkins rocketing the sun.

"My work here is done," says the man then he flies over the park and lands in the pond. He removes his duckbill and a bird watcher exclaims, "Extraordinary! So far north! You ducks sure are crafty. I, expert in ducks' migration, what a rare moment, let me savor its course," he takes some quick pictures, and then, a salt lick for the running hamster, the on-gazer blows his duck horn, it quacks.

"How does that make you feel?"

The Lion charges me and I hold my own, He stops a pace away, and waits, majestically, a halo of mane beckons. I approach Him and am pulled into an embrace. At that moment of surrender I realize the Lion is me, I lost him long ago, He was my dream following me each day hiding in plain sight, He was my Shadow just patiently waiting for the light.

"You're Free," He breathes and I awake, I hear the bird singing on this glorious day the Lord has made.

I walk outside the office cubicle and roar.



## The Art of Walking by Jason Mintel

You may notice old man winter has gone away and the child of spring is out to play. Perfect time to join the # 1 'movement' that's sweeping the planet! – the sport of walking! get in the game! Walking is one of the safest exercises. Life crawled out of the sea, and grew feet, but you don't have to mutate any new body parts! - you have all you need! Get out there and walk - it's fun! – walking is full of self-satisfying steps to contentment. In today's digital age it is easy to drop anchor in the Lazy Boy recliner and ferment but how unhealthy! and depressing! Think of all the space hidden and waiting just for you to leave your own physical and spiritual footprint on, think of what you take home with you after walking to the top of your personal mountain! – there is a whole world to explore and experience!

We must move to survive, to eat, to live, why not take an easy yet very beneficial walk, it improves attitude and can be just as healthy to lose weight as running, even more so on an incline, and not as stressful on the heart or joints. You do not need special equipment for the sport of walking, but it is recommended to have a good pair of walking shoes, comfortable clothing, and if you wish to keep track of your progress, a pedometer (counts steps taken, aim for 10,000 a day). Shoes make the walker, get a pair that provides support to all parts of your foot, has toe wiggle room, flexible cushioned sole to absorb shock, breathable material and lightweight. Almost ready? Remember- take regular and deep breaths, keep head up, spine straight, arms and shoulders loose.

Thousands of years ago a great philosopher, Hippocrates, said, "Walking is man's best medicine." He, a walker himself, was not hypocritical either- he walked the walk, and talked the talk! Years later Hippocrates couldn't be more right!

Walking:

- Eases Back Pain
- Burns almost as many calories as jogging
- Lowers Blood Pressure
- Slims waist
- Reduces bad cholesterol levels
- Enhances energy and stamina
- Reduces risk of Heart Attack
- Easy on joints
- Improves muscle tone
- Increases aerobic ability
- Slows down osteoporosis bone loss
- You can travel while walking



Walking is a good and less stressful to the body exercise, it is a more natural state than sitting, standing or running. The world stays in motion, walking is freedom. I may have a good tasty bag of tortilla chips in bed with me but the cheese bean dip booty I savor may be thousands of miles away, to unite them is why I move! - it's a purpose, it's fate, to dip the chips completes us, a reason to exist, and if nothing else, to walk. What more must I say?

Earth Day  
**by Jason Mintel**

As Earth Day draws near, (the 22<sup>nd</sup> of April) here at Eastern State, we find we are not the only ones sick, admit into our patient wards the entire planet. A cure for our sick planet is rising beneath the surface here at Eastern State, a movement to 'go green'. A few courageous and heroic people are making a stand to promote environmental Earth awareness into action, and start Eastern State's Green Committee. If changes are not made soon to 'go green', we will be forced to, we will all be Green Martians, as future generations abandon the dead Earth for Mars, to escape our barren wasteland. Some of the problems that are besieging our planet, listed below, barely scratch the surface of the danger we are in, however it is good to know that we can still change. I encourage you to take a minute, and research on the internet the numerous ways you can be more Earth Friendly, there are many simple things you can do that you may not know about and knowing is half the battle.

- Our soil is a balanced ecosystem of organisms in harmony to allow crops to sprout, not dead dirt that needs to be sprayed with toxic chemicals to force produce to grow. Go organic, with natural and rotated crops, there are many more other reasons to go organic too.
- Paper and wood is still being made from our endangered forests. Deforestation and logging contribute to 20% of global greenhouse gas. Recycle paper and buy recycled goods.
- Typical home air is 2 to 5 times more polluted than outside. More than 4 million children in US have asthma from breeched environmental exposure at home and school. We need to find better solutions, research this. Also, the cleaning industry consumes 6 billion pounds of chemicals. Use biodegradable cleaning products for your health and the planet's
- The world reached 1 billion population in 1800, 2 billion in 1922, and 6 billion in 2000. By 2050 it is estimated to swell over 9 billion. We greatly need to conserve natural resources but instead we are rapidly depleting, stripping and polluting them.
- Household batteries and electronics thrown away leak dangerous chemicals into our groundwater which contaminates everything from soil to tap water and cannot be removed from our drinking water and crops.
- 4.5 billion pounds of paper products require 35 million trees annually. Buy recycled paper and plastic products.
- Recycling one aluminum can, can power a TV for six hours.
- Recycle a glass bottle and save enough electricity to power a 100-watt bulb for 4 hours.
- Recycling one ton of paper can save 7,000 gallons of water, 380 gallons of oil and can power an average house for 6 months.

The Green Committee here at Eastern State will take on ways we can be Earth friendly and teach us all how to be more 'green' conscience. If interested in joining PLEASE let your voice be heard and ask to be placed in the group, it cannot begin without supporters, we need you! Now, remember to hug a tree on Earth's Happy Earthday!

**Information about joining ESH's new Green Committee will be coming soon!**



Consumer Beware!

**by Jeffrey Moore**

It has been brought to my attention that a buck just doesn't travel too far. Remember when you could get a gallon of gas for a buck? How about ride the bus for a buck? Well here at ESH, a buck doesn't go very far. The cost of living is seemingly outrageous. \$1 could get one a 20 oz. soda, tea or water.

In the snack machines, \$1 can get you one snack at a varying price of 60-70 cents. In our canteen in the Davis building, for \$1 you can't even get a breakfast sandwich, but back to the soda issue, you can get two canned sodas or 1 20 oz. bottle, but you still have to pay tax. Like previously stated, some of my peers feel that they aren't getting their feel for \$1. By writing this piece, I'm dedicating the time to alert the ESH consumers of dollar-ware! Try to buy a can soda instead of using the machines. By doing this, you'll have change enough to get a 30-cent bag of chips. Good luck saving.



Got Ketchup?  
**by Jason Mintel**

If there comes an occasion of celebration, one cannot dismiss the rare occurrence of getting a packet of ketchup on your tray. Why is Ketchup so scarce? Is it the cost? Does Eastern State's Ketchup put us all in the red? Hats off to the Chef for some great and creative meal plans; but we have been dipping meat and sides in that savory sauce since the days of wooly mammoths, and it is hard to fight against man's primal instincts. Perhaps the bureaucrats passing the laws are unaware of the condiment embargo and are slow to follow lifting it, but to them the battle cry, "Ketchup!"

A Tour of the Hancock Geriatric Center

**by Donna Leone**

A tour of the Hancock Geriatric Center was led by Martin Kline, the assistant director of the hospital. The first thing we observed was the Rose Room, Sunflower Room, Daffodil Room and the Daisy Room, for group therapy. The air was crisp and clean with the smell of new paint, construction having been just completed. The sun was shining brightly and the weather was warm. The atmosphere was happy and friendly.

The first room we saw was the PET – or pet therapy room where Cassie Brill works with her pets. The sunlight was brought in by four overhead skylights, glass windows, doors all around, and several beautiful courtyards. Next, we saw the sign from the old chapel there and Chaplain Glenwood Morgan. We then met Reverend Spellman and he showed us the chapel where he will be preaching every Sunday and how the music was played and how he stood at the front of the chapel; where there was a beautiful stained glass window that says 'HOPE – HEALTH – HEALING 1773'.

Next we saw the Physical Therapy Clinic with the submerge pool or water therapy pool, where you can swim in place for hours, or submerge a treadmill or bike for exercise underwater. Next, we saw newly painted rooms. Every five rooms there was a large screen T.V. set for the patients and a large sitting room. The rooms are large and spacious, some rooms with their own T.V., each room has a dresser and a desk also.

We were told this was a state of the art facility for this time with architecture by Roger Ulrich the President of Texas A. & M.

### What Recovery Means to Me by Donna Leone

Recovery is the process of becoming well and stable. It means being medication compliant. Recovery means being able to do the things you enjoy; like take walks, exercise, listen to music and enjoy the companionship of friends. Recovery means enjoying life free from the symptoms of mental illness.

### NURITION FACTS

Chocolate is Good For You - HURRAY!

by Florence Blankenship (Information received from Liz Applegate)



No doubt, you're as happy as I am to learn that dark chocolate is good for you. Research indicates that compounds found in cocoa have antioxidants properties. These same compounds relax artery walls and keep blood platelets from sticking to your arteries, thus reducing your chance of heart disease. To choose the healthiest chocolate, here's what to look for on the label.

1. Percentage of cocoa. The amount of cocoa can vary from 10-95%. Aim for a bar with a minimum of 35% cocoa.
2. Calories. Most chocolate bars contain 220 - 280 calories, so eat sparingly.
3. Quality. Quality chocolate is made with cocoa butter and milk fat. If vegetable oil or hydrogenated oil is included, skip it.
4. Fat Content. Look for zero trans fat. Total fat can be as high as 20 grams per serving because the more cocoa in a bar, the more fat it will contain.



A couple of Irish sayings my daughter sent to me:

by Florence Blankenship

"May Joy and Peace surround you, Contentment latch your door and Happiness be with you now and bless you evermore."

"May your home be filled with laughter, may your pockets be filled with gold and may you have all the happiness your Irish heart can hold."

A joke: "What day do chickens hate the most?" Answer: Fry-day.

Love doesn't make the world go around. Love is what makes the ride worthwhile.

-By Franklin Jones



**Robert Payne** would like to encourage staff to donate old clothes, VCR tapes and books for the residents of ESH.



### March Birthday Party

**by Donna Leone**

The first Birthday party for the residents of Eastern State was held March 25<sup>th</sup> in the Davis BLDG game room at 2:00p.m. Shawnette Washington, activities staff, called the birthday men and women to the center of the game room. One by one, they came up, as their names were called. "Happy Birthday" was sung by all the others, soon after they were served fruit punch and birthday cake. A good time was had by all and there was 17 birthdays in the month of March. After dining, they danced to the Oldies-But-Goodies.

### Story of Easter - **by Donna Leone**

Easter is the time of springtime festivals. In Christian countries, Easter is celebrated as a Religious holiday commemorating the resurrection of Jesus Christ, the son of God. But the celebration of Easter has many customs and legends.

Scholars, accepting the derivation proposed by the 18<sup>th</sup> century English scholar St. Bede, believe the name Easter is thought to come from the Scandinavian "Ostra" and the "Teutonic Ostern" or "Eastra" both Goddesses of mythology whose festival signifies spring and fertility, whose festival was celebrated on the vernal equinox.

Traditions associated with the festival survive in the Easter Rabbit, a symbol of fertility and in colored Easter eggs, originally painted with bright colors to represent the sunlight of spring and used in Easter Eggs rolling contests, or given as gifts.



Hope you all had an Eggcellent Easter and a lot of candy!!!!

### Q & A - **By Jeffrey Moore**

Q: Could there be a listing of jobs for the patients? L.I., bldg. 2.

A: To get a listing of jobs, contact Rec Therapy.

Q: Can the ward rules be posted on the wards permanently? Antoinette Taylor, CNA.

A: I will talk with D. Bryant, RNCB.

Q: Why can't the patients in building 2 use the game room during times of no programming? Veronica Knott, CNA

A: This is a very good question. There are forensic policies that have to be followed and nursing staff feel that it is too much of a risk.



## Shout- Outs

### By Natilie Roof

Dr. Ed Turner inspired this on November 5, 2007. It's amazing when you find what you never knew you lost during a move. He is one of only a few people that truly cared to see me get better and as he says, "evolve". Like Anthony Turner, has a special touch that is quite generous. I really gave him hell from the first time I showed up in his Monday morning Coping Skills group. I was so convinced he was a quack and a fluke and I was very vocal about it too. That was my problem then, not his. Know it is not true. If I had never met him, I don't know what I would do. That's my shout out. During Dr. Turner's recovery management groups, He said to me, "You can call me for everything. Because anything wouldn't be enough" and that really really hit a soft spot and almost got me teary-eyed. He cares about the patients. To make it known, I do not think that he had picked me out and so cared about me more than the others. He admitted to us that he still has a patient calling him for his ear for several years now. Brilliant. So I jotted a little narrative down right then. And it is.....

About a dozen people or likewise believe me to be stronger than they were. I often replied that it is not true. I am not strong! I'm a train wreck, what do you expect? How did they mean to imply that they are weaker than I? Then the years went by and I sigh now. Should I tell them the truth and say I've gone off the track, I can't go back, no I can't go. I can only see tomorrow. And in it I can guarantee much sorrow. Who I used to be is a casualty and so I finally just let it be. Fighting the changes was killing me. So literally, I mean, although my heart beats and my lungs breathe, it is my brain that thinks. God damned me with that blasted thing in my head! If it weren't what it is, I'd have nothing at all. I am though so slowly adapting and a double take when I come out he still shelters me from a living hell. There's a story to tell.

### PATIENT RESPONSE BOARD

The Patient Response Board represents every single resident. If you have any questions or concerns, or you would like to be a member, drop us a line in our mailbox!

### THE PIONEER PRESS WANTS YOU TO...

#### EXPRESS YOUR CREATIVITY!!!

Submit your questions, comments, original artwork, poetry, performance reviews, wish list of things you would like to see happen or changed, "Shout-outs" for staff or any other articles\*. Place your submissions in the labeled mailbox in the lobby of the resident buildings or in the library. You will be asked to sign a release so that we are able to publish your work. If you'd rather not sign such a release, then we will use only your initials on your by-line.

\* Newsletter will not be complaining, accusatory, or inflammatory.